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WASHINGTON

A group associated with the American Civil Liberties Union issued a report Sunday claiming the Reagan administration seems to be losing control of its covert operations aimed at Nicaragua's leftist regime.

''Either the Reagan administration's policy is aimed at destroying the government of Nicaragua or it is out of control,'' said the Center for National Security Studies, a strong liberal critic of administration policies in Central America.

CNSS Director Morton Halperin, who served on Henry Kissinger's National Security Council staff in the early 1970s, called on Congress to investigate U.S. actions in regards to Nicaragua.

''The only real secret about its operation is its purpose,'' said Halperin in a statement issued with the report. ''It is high time Congress held hearings on the very dangerous situation developing in Central America because of the CIA's actions there.''

The CNSS report questioned administration claims that its operations in Central America seek to support Nicaraguan moderates, disrupt Cuban-Nicaraguan supplies lines to El Salvador, and force Nicaragua to end its aid to leftist guerrillas threatening El Salvador's U.S.-backed government.

The report cited U.S. contacts with, and alleged aid and support for, anti-Sandinista exile groups ranging from former supporters of the Somoza dictatorship to disenchanted members of the Sandinista movement who have fled Nicaragua.

The report claims these exile groups, many operating out of neighboring Honduras and some within Nicaragua, ''are already too well organized and committed to be easily turned off by the United States.''

Also, the report said, these groups are not helping disrupt Cuban or other supply lines to El Salvador.

The report also claims the administration, contrary to its claims, does not help Nicaragua political and private sector moderates. Instead, the report said, 'it cripples them by leading an increasingly nervous and authoritarian government (that of Nicaragua) to mistake opposition for treason.''

''In short, it (the administration's policy toward Nicaragua) serves none of its stated purposes.''

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